

# Eight Weeks to Wellness™

*Eight Weeks to Wellness™* is an up-to-date, ready-to-use, common-sense health outreach package that promotes positive lifestyle behaviors. Success follows daily participation in the program, not merely listening during eight weekly 60-90 minute sessions. Presentations can be made using PowerPoint® format from the accompanying CD or the DVDs sold separately. Participants record daily progress and review weekly topics in a 40-page participant guide sold separately. Suitable for churches, other community places, and homes.

*Eight Weeks to Wellness™* combines the latest evidence-based health research and tested behavior change principles to encourage participants to experience a healthier lifestyle. Research from world-renowned journals and guidelines from the National Institutes of Health are referenced on each slide as appropriate. Promotional and resource materials are included. Over 350 visuals can also be used in single presentations or in 5-15 minute Health Nuggets.

## Weekly Topics:

- ◆ Developing a healthy lifestyle
- ◆ Becoming more physically active
- ◆ Choosing healthy fats
- ◆ Choosing healthy carbohydrates
- ◆ Achieving and maintaining a healthy weight
- ◆ Enhancing mind-body connections
- ◆ Coping with stress
- ◆ Getting appropriate health checks

*Presentations also on 8  
DVDs!  
Heart Health & Diabetes  
available singly.*

## Each Instructor's Manual Includes:

- ◆ Suggestions for implementing the program & samples of CD materials
- ◆ An overview of and a comprehensive plan for each week's session
- ◆ Speaker notes for each graphic in each presentation
- ◆ CD-ROM with eight PowerPoint presentations, promotional materials, resource materials, handouts, and certificates of completion

## Titles in the LifestyleChange Series™

Eight Weeks to Wellness™ Ocho Semanas hacia la Salud Integral™  
Fitness for Life™ Lifelong Weight Management™

## System Requirements for PowerPoint Presentations

Microsoft Windows 95 or higher

To view slides, viewer included - no additional software needed

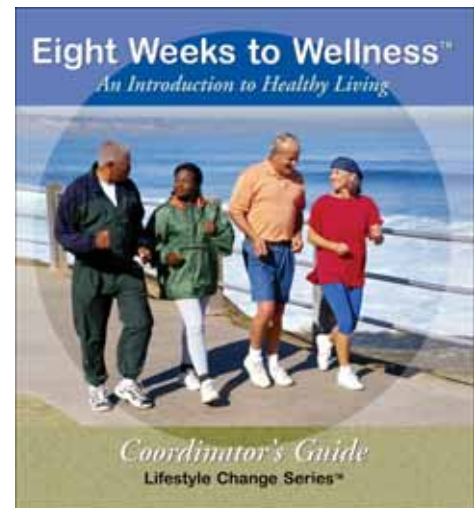
For large groups, LCD projector needed to project slides

## About LifeLong Health

LifeLong Health is a registered product line of health resources for community health outreach. It is offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

LifeLong Health and the LifeLong Health® logo are registered trademarks of Wellsource, Inc. Other trademarks are the property of their respective owners. This product is not intended to be a substitute for medical care. If you are under medical care, follow your doctor's recommendations regarding your condition.

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**Coordinator's Guide & CD: EP1010-I  
Participant Guides (20, 60, 100)**

**For information or to order, call:**

**800.533.9355**



**Tools & Training for Effective  
Health Outreach**

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